

## NIH Supported Resources for Raising a Healthier Generation of Native Youth

The following selected list highlights [the National Institutes of Health \(NIH\)](#) supported resources relevant to Native Americans and childhood obesity. This list was compiled for the NIH federal partner webpage of the [Let's Move! in Indian Country](#) website hosted by the [Indian Health Service](#).

### NIH Supported Healthy Weight Curriculum



- [We Can!](#) (Ways to Enhance Children's Activity and Health)
  - A national movement designed to give parents, caregivers and entire communities a way to help children 8 to 13 years old stay at a healthy weight.
  - [Dancing and Drumming: The Native American Quest for Healthy Weight](#)
    - Provides culturally relevant Healthy Lifestyle Tips from **We Can!** along with Native-specific health statistics.



- **We Can!** [partnered](#) with [Let's Move! Faith and Communities](#) to share **We Can!**'s healthy weight program messages for parents and youth with *Let's Move! Faith and Communities*' committed national partners and its local neighborhood and faith leaders.
  - **We Can!** is listed as a resource in the current [Let's Move! Faith and Communities toolkit](#).
  - **We Can!** provides the following tools for use by [Let's Move! Faith and Communities](#) partners:
    - [We Can! Energize our Families: Curriculum for Parents and Caregivers](#)
    - [EatPlayGrow™](#)

- *We Can!* and the [Children's Museum of Manhattan's](#) health education curriculum for children ages 2 to 5 and their parents
- [Fun Family Recipe Cards](#)
  - Tasty, quick and good-for-you recipes
- [Parent Tip Sheets](#)
  - Ideas to help families eat healthy, get active and reduce screen time



- [Media-Smart Youth](#)
  - Media-Smart Youth: Eat, Think and Be Active!® is an interactive after-school education program that helps youth ages 11 to 13 better understand the complex media world around them and how it can influence their health.
  - American Indian and Alaska Native health professionals and community leaders may be interested in using this curriculum as a supplement to existing programming or in partnership with schools, after-school programs or other youth-serving organizations.

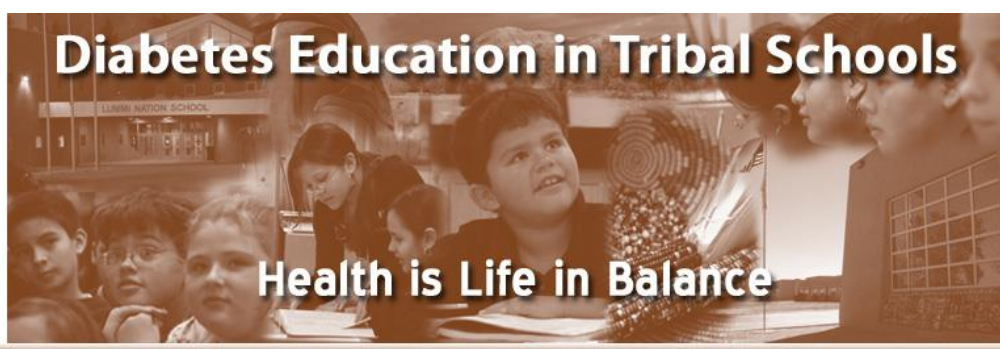
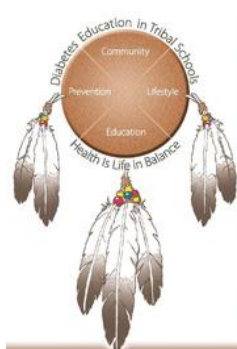


- The curriculum is designed to empower young people to:
  - Become aware of—and think critically about—media's role in influencing their nutrition and physical activity choices.
  - Build skills that help them make informed decisions about being physical active and eating nutritious foods in daily life.
  - Establish healthy habits that will last into adulthood.
  - Learn about media and create their own media products to educate their peers.



*Learn more about Media-Smart Youth*

- Order your free program materials
  - Developed by the NIH, the [free](#) Media-Smart Youth curriculum includes 10 lessons on media literacy, nutrition and physical activity.
- Get help in implementing the program
  - [NIH](#) provides technical assistance to help sites successfully implement the program.
- Watch the “What is Media-Smart Youth” [video](#).
- Learn how others put Media-Smart Youth into action
  - Review [10 organization’s case studies](#).
- [Sign up](#) for Media-Smart Youth e-updates.



- [Diabetes Education in Tribal Schools](#)
  - Provides curriculum research and evaluation resources including the “*Health is Life in Balance*” curriculum, which was designed to increase American Indian and Alaska Native students understanding of health, diabetes and maintaining life in balance, as well as their understanding and application of scientific and community knowledge; and to increase interest in science and health professions among American Indian and Alaska Native youth.
  - Order a free copy of the Diabetes Education in Tribal Schools curriculum at the [Indian Health Service Department of Diabetes Treatment and Prevention Online Catalog](#)—enter keyword DETS.



- **HEALTHY**
  - While not focused specifically on Native American students, the HEALTHY study website offers an array of [materials](#) for school-based interventions for at risk youth.
  - The HEALTHY study was a school-based intervention with 6<sup>th</sup> – 8<sup>th</sup> graders in 42 middle schools that included four components: (1) behavior, (2) physical education, (3) food service changes and (4) social marketing materials.
  - The study reported decreases in the primary outcome—the combined prevalence of overweight and obesity—in both the intervention and control schools, with no significant differences between the school groups. The intervention schools had greater reductions in the secondary outcomes of BMI z score, percentage of students with waist circumference at or above the 90<sup>th</sup> percentile, fasting insulin levels (P=0.04 for all comparisons) and prevalence of obesity (P=0.05) ([The HEALTHY Study Group, New Eng J Med. 2010;363:5](#)).



- **National Diabetes Education Program (NDEP)**
  - A partnership of the NIH, the [Centers for Disease Control and Prevention \(CDC\)](#) and more than 200 public and private organizations.
  - Provides web-based and social media access to publications, resources, along with diabetes facts for individuals, health care professionals, businesses, schools, partners and community organizations.
  - The American Indian/Alaska Native Stakeholder Group of the NDEP participated in the development of the following selected resources:
    - [Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples](#)
    - [We Have the Power to Prevent Diabetes](#)
    - [Take Care of Your Heart. Manage Your Diabetes](#)

## NIH Supported Resources

- [\*I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians\*](#)
- [\*Honoring the Gift of Heart Health: A Heart Health Educator's Manual for American Indians and Alaska Natives\*](#)
- [\*Classification of Laws Associated with School Students \(CLASS\)\*](#)
- [\*National Institute of Environmental Health Sciences Partnerships for Environmental Public Health \(PEPH\) program webinar series\*](#)
- [\*The Pima Indians: Pathfinders for Health\*](#)
- [\*American Indian and Alaska Native Genetics Resource Center and Web-Based Resource Guide\*](#)
- [\*Healthy Native Babies: Project Workbook and Toolkit\*](#)
- [\*A Healthy Mouth for Your Baby \(for American Indians and Alaska Natives\)\*](#)
- [\*Taking Action: Health Promotion and Outreach with American Indian and Alaska Natives \(2006\)\*](#)
- [\*Trans-NIH American Indian/Alaska Native Health Communications & Information Work Group\*](#)
  - [\*Partnered with the Indian Health Service National Community Health Representative Program and the Administration on Aging, Administration for Community Living Title VI program to raise awareness about the availability of NIH health information.\*](#)
  - [\*Host a variety of workshops on effective outreach and communication approaches to develop and disseminate health information for American Indian and Alaska Native communities.\*](#)

## NIH Supported Resource Compilations

- [\*US National Library of Medicine American Indian Health\*](#)
- [\*NIH Health Information Native American Health Resources\*](#)
- [\*NIH Division of Nutrition Research Coordination Nutrition Education Resources\*](#)